A VALUED *Life*

"LET US ALL TAKE MORE RESPONSIBILTY NOT ONLY FOR OURSELVES AND OUR FAMILIES BUT FOR OUR COMMUNITIES AND OUR COUNTRY"

BY

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DEDICATION

I dedicate this piece of work to God.

All parents who have taken an initiative to educate their children.

All youths who work responsibly towards achieving their goals.

All people who mentor the young generation into good citizens.

All students of Kiira College Butiki.

Joel, Doreen, Praxedah and Anne.

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PREFACE

This book has been specifically directed to the youth. It has been written in a simple language so that the youth can be able to easily understand their responsibilities in their different societies as citizens.

This book will enable the youths to visualize their dreams and work hard towards achieving them.

This book has also been written in order to act as a motivation to the youths so that they can transform their lives into successful mindsets.

This book gives clarification of youth interests and desires which will enable parents to understand their children better and help them achieve their goals and interests in future.

This book also brings attention to all situations that can bring a downfall to people's dreams and goals.

It goes ahead to give clarification on the best ways someone can use his/her potentials to become a better person.

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CHAPTER 1

GOAL SETTING AND ACHIEVEMENT

Many people fail to set great goals because they have many options to choose from. Obviously, you will always have many options but it is all about you selecting what are the easy ones to deal with, what is hard to achieve, which ones are short term and long term.

Always make sure that you write down every option that comes to your mind "never trust your brain because it can easily forget" so write everything down and then start a selection based on priority.

The easiest way to set yourself a goal is by using a smart criterion where you will have to discover what is easy and hard to take up. A smart criterion is a major component of personal development and management.

Before setting yourself goals, always have it in mind that "Mountains are not moved by words but by work" and by having that in mind, then you will be eager to put effort to your goals.

Before you propose to manage your goals, first manage yourself and you will find your goals yawning for success. However, there are ideas that can help you set and achieve beautiful goals:

1. CONCEPT

You will always need a concept that will always drive you towards achieving your goals. The concept you choose can become more specific through quantification.

Your goals must be measurable such as demanding so that even if you are driven off your goal, your concept will have to tackle your mind immediately to get back to the relevant set goals at that time.

Set your own concept because life is all about yourself and it is your mind to decide what you will become. Always think about a concept that will make you great and always remember that where your treasure is, your heart will be.

2. GOAL COMMITMENT

Always stay committed to your goal and work hard to attain it. Always put in mind the importance of expected outcomes of goal attainment.

Self-efficacy is a must input if you really need to achieve and enjoy the fruits of your set goals.

Never be perfectory towards achieving your goals otherwise you will divert from what is supposed to be done in order to achieve your goal, but always have it in mind that you will do whatever it takes to get a positive result.

3. GOAL PERFORMANCE

Whenever you set a goal for yourself, always stipulate on the method that you will apply to make it a reality.

You always need to do something on your goal to make it better every other day.

Always create a feeling of expectability and then you will realize

that it is you who set that goal and it is you to put effect to it. “I am a great believer in luck and I find that the harder you work, the more you have of it”.

4. FEEDBACK

Always ask yourself: “what am I going to do to benefit from this?” If you answer that question very well, then go ahead with that set goal. If you fail to answer it, pose and think or ask your cronies for help over it.

After some time of effecting your goal, sit down and think of what you have got from the efforts you have given a jab to your goal.

By getting perpetuateous feedback for your efforts, you will always stay motivated. Always create appositive context for feedback.

5. TIME

Always give time to your set goals, take it into consideration .Many set goals lack “the issue of time perspective” But if you feel your call for success is your set goal, then pearl your goals by giving them ample time.

Remember it is not too late for you to change your dreams into veracity. Just always make sure you manage your time very well and have pleasure for your goals.

6. CHOICE

List down all the possible options of your interest .Then think hard about them because you need to know what to start with and what to end with.

Always have a feeling of success and satisfaction in every option that you put down. Choose conscious goals for yourself and make sure you have a tremendous effect on performance.

Always think that ACHIVING HAS A POSITIVE EFFECT, So get motivated through conscious goal setting.

Believe in your choice and pertain hard work on it. “To believe in something and not to live it is dishonesty.”

7. USE YOUR FRIENDS

You have to realize that friends have a big impact on our lives .But for the aspect of setting your goal, make sure you only consult cronies who will encourage you. Always make efforts to get friends who will always encourage you in life in order to get backup very fast in whatever you think about. Having a false friend is like adding paraffin into fire.

So always, endeavor to stay metres away from people who discourage you in life because a word of discouragement is more powerful than a word of encouragement naturally. Always befriend people who will have efforts to make on achievements of your set goals.

A pure student spends more time with friends than his parents because of the school schedule involved, so whenever you have ideas you need to put effect to, be careful which friends you are sharing with. Always share with someone who will encourage you.

8. HAVE A CONFIDANT

Life is full of challenges in that we can share some of them with our parents while we need to share others with the people we trust most. Your parent will not always help you to concise that end product of your set goals.

Remember sometimes they expect you to take in every idea that they give you yet you need to make personal decisions in life. You need a confidant whom you will always conspire with in every step that you take.

A confidant will help you to know the outcomes of the steps you intend to apply on your set goals.

Remember that in life, our lives will always be in tragedy if we do not share what we face with other people, so make sure you have a confidant to help you. "Alone we can do little, together we can do much."

9. HAVE AN ACTION PLAN

Action is the most important thing you should put at the front when working on our set goals and have a plan for it. Love is not how much we do but how much we put in that action. Always have action for your set goals because they will not achieve themselves but it is you to pertain efforts on your own for great success as an end product.

"Meaningful and joyful lives are achieved by adhering to one's personal value system, and one's principles. Today, write down six to eight most important values on an index card and refer to that card as you go about your life."

However, there are very many hindrances to goal setting and many of the youths have failed to achieve their goals because they have failed to pact with them effectively.

Parents some times are a big ascribe of failure to the success of their children's goals. Parents always think they are the last resort for their children's ideas, which is very wrong because after all they have to consign them to the outside world where they will have to think for their survival. Some parents do not even know interests of their children and that means that they will have no input to the success of their children's ideas and talent development.

The worst aspect is that, some parents discourage their own children from developing their interests and talents just because

they think that the money they pay as fees is worth only making aggregates and points.

“I have a friend who told me that his father told him that the money he had paid was worth 20 points.” Such children do not broaden their thinking because they will always have pressure behind them, which will not allow them to try out new options in life.

Just always ask yourself “Why should some one judge me yet he doesn’t know the reason as to why am doing this?” that question will always guide you to forget such discouraging hindrances. Moreover, when you have such friends, just work hard to get somewhere they do not expect you to be.

Actually many youths are in their comfort zones. It is because they think that what they have is enough for them. Comfort zones have had a serious effect on goal achievement. Always be fervent to make what you have better.

And always make sure your “tomorrow is better than today.” By having that in mind, you will avoid comfort zones.

Some people fail to achieve their goals because they are in a cloud-cuckoo-land. They set beautiful goals but they want to continue dreaming as a want of applying action to their goals. My dear friend, “success has no reason to look for you,” you have to look for it if you really want to have it as your end product.

You should always rely on God because He is the provider of everything. “What you are is God’s gift; what you become is your gift to God,” so be successful in whatever you do to suit the worth of God’s gift to you.

“Do all the good you can, by all the means you can, in all the ways you can, in all places you can, at all the times you can, to all people you can, as long as ever you can”.

CHAPTER 2

DEVELOP YOUR SELF ESTEEM

Self-esteem is confidence which everyone should develop for himself before you get to higher institutions where interaction with various people is a must. Parents have a big role to play in developing children's self-esteem.

If a father is always engaging his children into family discussions especially by getting their views about certain things that happen in the family, then the children will have confidence in themselves but if you are a father and you are lumpy to your children then expect fear to embroil the hearts of your children.

Parents, you should seriously learn how to be tranquil to your children because you real need to solve many of their sad situations.

Parents are the only clear gift of trust a child can have in life because everything that a child does; bad or good, the first person to remember is the dad or mum. I burly believe that no daughter can be tempted to teach her mother how to bare children but a mother can teach her daughter how to bare children and that really shows parents have the onus to teach their children how to go about several situations in life.

A told child will always be far different from the untold. Tell your children everything you think is good for them because a little bit is plenty for anyone with good manners and their confidence about certain things will be developed because he/she will also advise his/her friends.

What I can simply say is that parents make a start of someone's confidence.

However, a person can be able to develop his confidence in several ways;

1. KILL NEGATIVE THOUGHTS.

Any person who has abandoned negative thoughts will always have confidence in himself because he/she has the slogan "I can do it" at the back of his/her mind.

God is the opposite of evil, life is the opposite of death and sin is the opposite of devotion to the Lord.

And if you can do good things while you are still living and you are devoted to the Lord, then your self-esteem will be at a pinnacle because very many people will give you their respect. Negativity of the mind kills it and never have a mind that is negative. Otherwise, you will live as a rotten egg with a hard and beautiful shell.

If you tend to get negative thoughts in your brain, it is better to first meditate about them because you can easily get answers on how to work them out.

You can use harness and yoke to tame an animal but you can also kill the negative thoughts to tame high self-esteem.

2. PHOTOSHOP YOUR SELF-IMAGE.

Sacrifice has to be involved in order to gain confidence of value. It is not that every confidence gained is good to all people. Some people are always confident when using abusive language; - that is inevitable.

However, have confidence that will earn you people's respect and before that, you really have to take a hard step by changing yourself image.

If you are in an image that will not earn you attention from people, then change it. Remember life has two rules; #1 never quit #2 Always remember rule #1. Therefore use that principle to guide you and you will develop your self-esteem.

3. SEE CONFIDENCE AS A PROCESS NOT A SINGULAR ACHIEVEMENT.

Everything that is achieved well has steps to undergo. Oversee the process that you will have to rely on while achieving confidence.

Just accept what you have found helpful to you at that moment and love what you are doing because whoever loves much, performs much and can accomplish much, and what is done in love is done well.

4. GET TO KNOW YOURSELF.

Studying yourself is something we as youths have to take serious in life because it helps us to know, what we are doing good or bad and what needs improvement.

It will enable you to correct all those mishaps that you normally make. Know yourself and you will nurture your mind with great thoughts and remember that to believe in heroic makes heroes.

5. HAVE AN APPROACHABLE LANGUAGE.

Our body language has much to talk about us. Some people just look at you and judge you by the level of decency that you emulate. It is true decency can reflect some one's behavior but cannot reflect someone's thinking I believe. It is not mob justice that is the best way of applying justice.

Our parents fight hard to see that we as youths emulate the best character of someone admirable even before we open our lips to talk to people. However, as long as you emulate an approachable body language then confidence will be your way up.

6. TALK TO STRANGERS.

Straight up; confidence is more than a state of mind, it is a habit. Talking to people you don't know helps you to know and read their

minds very fast and as long as you are able to read someone's mind, then confidence is something you grace for.

The only safe ship in a storm is leadership; so when strangers come around, act or pretend to be a leader and take the initiative to talk to them. Remember it is your tongue to save you in all situations bad or good; use it.

7. REMEMBER YOU WERE BORN WITH IT.

I doubt whether someone can forget that he has teeth. If there is any, then that is blasphemy. Some of us do not have confidence just because we have failed to remember our past days.

One time we used to sleep with our mothers and fathers on the same bed; my God! that is confidence for real. Let us justify ourselves by reminding ourselves on such instances; just say "what if I used to do this!"-And then move for it. It is not enough to just aim, you must hit.

8. HOLD YOUR GAZE.

Since that you already have eye contact down, it is time to put into practice. The assembly will be eager to hear from an intelligent person and will take what he says seriously.

Who told you that you are not intelligent to be listened to? Just use the eye contact strategy to blaze the audience into a spontaneous mood of listening to you.

9. THINK OF THE OBSTACLES THAT STAND IN THE WAY OF YOUR CONFIDENCE.

If someone is proficient to know the obstacles that hinder his/her confidence, then that person has already gone a step to develop his self-esteem.

All life is an experiment, the more experiments you make, the

better your life will be and if someone is able to know the obstacles to his success then he will come up with an equation that he/she will solve and also come up with a solution that will make him/her a better person. Find out your obstacles and make your tomorrow better than your today.

10. RECOGNIZE YOUR TALENTS AND GOOD QUALITIES AND WRITE THEM DOWN.

Many people have gained confidence through the games and the qualities they take into account. Talent is something that God embraced with everyone but it is about you to realize it and do not get it wasted otherwise you will be buried with it.

You should not copy other people's lives because everyone has a different question paper in life, instead just know your good qualities as a person and work on them so that you can be a better person than before.

There is no point in offering food to an idol; be yourself and develop the confidence because you already have it.

11. BUILD IT BY HELPING OTHERS.

When in doubt, choose love. Love for others will always keep you bonded with them. The more you help your friends, the more you get exposed to them. They will be able to tell you many facts about their lives which will broaden your thinking.

Remember our chief want is someone who will inspire us to be what we know we could be; inspire your friends and they will always feel great to listen to you.

12. DO NOT OVER APOLOGIZE.

It is true apologizing is good but for the sake of self-esteem development, you need to have a limit for it.

Some people just want others to feel small over them through apologizing to them and in most cases, such people are not willing to forgive.

When you see such a quality in a person, then keep the apology to yourself, after all you said sorry to him/he; God is aware. Being able to say sorry is a good trait, however be careful to say it only when necessary.

Never as long as you live, give anyone power over you; do not give people power by apologizing to them for many times because you will lose your confidence in such an imitative way.

13. ACCEPT COMPLIMENTS GRACEFULLY.

When people have compliments for your conduct over something, don't just roll up your eyes and shrug it off; own it, deserve it, make an eye contact, smile, say thank you because at one time you will say you are contented with what you will have achieved because of them.

Remember mistakes corrected are opportunities grabbed; so when people tell you your mistakes, true/false, own them and use them to grab opportunities by correcting them.

Be brave enough to here all what people say to be a sensible person because sensible people will always consider every opinion but arrogant people will let nothing stand in their way.

14. GET OUT OF YOUR HEAD.

Lack of confidence has nothing to do with the external world, so you have to get out of your head.

If you catch yourself an inner dialogue, just stop; the world is swirling around you:-swirl with it. The only moment that exists is now; don't you want to be part of it?

CHAPTER 3

TURN YOUR DREAMS INTO REALITY.

Dreams can be turned into a reality basing on basing on the following;

1. Be honest

More often than not, what prevents people from starting a dream is lack of sustained motivation and discipline. Because armed with those things, you can overcome fear, so begin with honesty about what is preventing you from starting your dream and realize that the only way through it is to begin.

What is really holding you back? Can you keep going on and on and claiming its fear? Can it be the old excuse that you are a perfectionist? Or is it that you are uncertain or unskilled? What if the real issue is that you are simply uncomfortable with change? Or that you are simply trapped in a rhythm of how much action you are willing to take each day?

2. Get focused

The word is focus! Many people have a dream but never reach it often, because they don't obsess about achieving it enough and match that obsession with initiative. If you have a dream, you have to focus on it so much that you pull it into reality.

Challenge yourself to remove distraction and think more often and more deeply about your dream and the steps you will have to take to achieve it. Say "No" to things that don't align with your dream because time is precious.

3. Create a learning map

What would you have to learn in order to confidently and competently move toward your goal? This might be the most

important in dream fulfillment. Define the topic, skills and abilities you would have to develop. Then create a learning map to begin mastering them; a real schedule of learning. If you don't schedule when you will earn something, and have a real deadline for learning a certain level of mastery, then its difficult to develop real capability and momentum. Learning is the root of all progress and personal development.

4. Start with 3 actions per day

You start every dream by willing yourself and working yourself each day to move towards it. That's how you start. There is no way around it to succeed more; you have to take more initiative. Everyone can do something each day to move his/her life forward. Make sure you have a set of goals and check lists at daily level. Even if it is something small, do it and gross it off. It is the small wins that can give you confidence to start taking on the bigger challenges.

You were given your dream for a reason. Let us stop making excuses and start moving towards our dream with real focus, intensity and force. That is why we were gifted with the hunger, drive and desire for that dream, to strive for it, to grow into it, to achieve it, to become your best self along the way. Move with enough consistency towards your dream despite your fears and soon you will get what we call **THE CHARGED LIFE**.

The best way to set a goal is to define success as what, how and when. While you cannot force dreams to happen, you can take steps toward actualizing them and remember believing in something and not living it is dishonest.

5. Listen

Listening is the best skill someone can have. It helps you to analyze situations meticulously. How enough bad a situation will be,

someone who has taken the initiative to other people will always find a gorgeous solution without straining his/her mind. Imagine you sit down and analyze the words your dad has told you; can you really fail to get the crankshaft come off the engine to your journey towards achieving your dream?

skill to be part of your life, you will always be able to remember the important messages and advise you were given by your beloved ones and they will help you in one way or the other to make a holy grail of success of your goal. The future belongs to those who believe in the beauty of their dreams but dream beautifully and apply action with love for your dream and success will knock on your door.

I am a youth and I love every youth out there just because we are in the same generation that is looked at by our fathers and mothers nationwide, I feel saddened when I meet people who have failed to live to their dreams. Don't ask me how I know; do you real need to strain your brain when you meet a 17-year-old girl pregnant? I strongly doubt whether that was her plan; people, it hurts.

Happiness is a short time enjoyment but suffering is a long time trap that is ready to grab anyone who makes a mistake. People are very slippery; they can change at any time according to what has happened. Whoever told you that God created Adam and Eve at the same time; mind that time lag that God found precious to show us as an example to avoid instance that are happening in our generation.

Why can't we just focus on our dreams for the time we spend with our parents? Remember successful men and women never quit, they make mistakes but never give up. No matter how big they are, the issue is never give up, keep moving forward.

CHAPTER 4

WHO THINKS CAN GIVE UP

Character consists of what you do on the third and fourth trials. Who has ever come to tell you that you are not worth to receiving congratulation messages from your friends? People who give up are those who did not realize how closer they were to success. I say, “Never give up”

Achieving a goal is a wildly exhilarating thing. If you are flirting with the idea of giving up, you could be throwing away something wonderful! your future.

There is going to be anxiety about uncertainty and fear about failing but push yourself to keep going. After all you will never know how close you are to success if you quite now. If you want to give up, then have you ever felt like your lungs want to explode? If not then just stop thinking about giving up and develop the never give up mission. If yes which I doubt, then look for the best option but never give up.

When you get the thought of giving up, please persist and make it to the top lungs and heart intact that you will succeed. If you find yourself in a situation where you want to give up, try these lessons.

1. Ignore everyone else

At that moment, first, you will feel lonely which means you have to ignore people near you because you can easily get a better giving up solution from them. Do not worry and compare yourself to other people. Just try to focus on your own mission and how you can achieve it.

As you work towards your dream, it can be easy to get distracted when you see others achieving their goals easier, faster and better than you do.

It can make you feel inadequate and unsatisfied with your own progress, but just have it that it always seems impossible not until it is done. In addition, when it comes to conquering a goal, what is happening with others is irrelevant if it distracts you from your ability to move forward.

When tackling a difficult task, you need every ounce of energy you can muster. Make sure you channel it to a place that will propel you forward.

2. Become your own biggest support.

In most cases as you start the life of your dream, you are not alone, but with time, you are alone just because people who are alongside you did not take your burden to bear. Although it can be energizing to have others around to motivate and support you, having them there is a luxury, not a requirement.

Do not care about them just turn inwards and find strength for yourself and determination to keep going.

Sometimes on the road to success, you have to walk alone. If you find yourself in that position, find a way to give yourself motivation to keep going. Survival can be summoned up in 3 words; never give up. That is the heart of it really; keep trying, be your own support!

3. Appreciate the little things.

It can be easy to focus all your energy on reaching your ultimate goal, but if the only thing you can see is your end destination, you will miss the beauty of the journey along the way. The new experiences and welcome surprises provide much needed fuel to keep going.

Appreciate the little you have done and use them to build strength and keep going. Are you immortal not to appreciate your work? I say appreciate! Think positive when you want to give up. You are

to great places, today is your day, your mountain is waiting, so get on your way. Success is ready to embrace those who keep on trying. Move forward brothers and sisters.

4. Focus on the next step.

Be a discouragement to yourself by not thinking about how far you are from the top. Just reframe your goal into mini milestones that will make your next step more manageable. Moreover, focus on it.

When your goal seems too big, it can feel impossible, which opens the door for resistance to creep in, by breaking your target into bite sized pieces, you can keep yourself in motion and build momentum. Focus has won people easy success and as long as you are focused; THE WORD IS FOCUS, you will always be a successful person.

5. Keep your eyes off the clock

Naturally, a tendency of time management is crucial but when you want to achieve a goal, first keep it off. Just say to yourself that within two years or……, I will be there. Probably the education system of Uganda is good example to this criterion, seven years, four years, two years and…. it will take you. Just do what is right after all no one will care how long it took you to get to the top and you should not either. All that matters is completing the journey.

As you work on enjoying the fruition of your goals, stop measuring against someone or something else. It will only serve to distract you from focusing on what you need to do right to advance

6. Stop looking for a way out

Save yourself the emotional and physical strain by putting the thought of never giving up to your brain feed.

Always remember your pain is at the forefront. It is natural to make efforts to make it go away.

However, when you invest time looking for a way to abort your journey, you waste precious energy that could be used to help you

overcome momentary pain and discomfort for long-term growth.

7. Acknowledge your limitations

Be honest to yourself and accept your own limitations and make it okay to yourself that you need your own path different from others. Implement your own strategy and the journey will be less grueling.

Your road to success might not look like every one's else. That is very okay, everyone is different, instead acknowledge where you are so that you can give yourself what you need to be successful.

As you work to achieve your goals, there are obstacles, bumps and bruises along the way. Just be assured of those.

And when the journey becomes more uncomfortable than what you are used to, it can be easy to throw in the towel and retreat. But what you have to do in such situations is to just make sure you find your strength to keep going in the midst of difficulty and when you persist, you will discover the reward was worth the effort.

"Please do not give up"

CHAPTER 5

EDUCATION IS YOUR VENTURE

Education is your passport to the future and for tomorrow belongs to those who prepare for it.

As a youth, Education should be your venture today and your tomorrow shall be your bright future. Many of us struggle to get the best out of it while at school yet others just take it as the fact of fulfilling the country's law that every child should go to school not putting in mind how much parents and guardians invest and have hope in such a venture.

What I noticed is that every parent wants his/her child to be an educated person. Some parents are not well off enough to sustain it but it is also not true that every drop out from this venture has such a reason to give; surely some want to do so because of a short term happiness they wish to have, and "what is the pay back for that?", long term disappointment.

But why should you turn down the strongest hope that your parent/guardian has in you." Why should you really be a reprobate of disgrace in the life of your parents?". Is it really the best way you can pay your parent's efforts? Obviously "NO". You should change your negative thinking and aim at hitting the highest point of education.

Stay focused and education should be your first priority in life. Don't reach out for every one you see otherwise your focus will be driven to another direction and chances are high that you can land in a corner of conflated trouble that will bring hindrances to your education.

Sometimes we think we are driven by destiny to do certain things, which is true. Destiny governs the human life but you need to know that destiny comes your way after you astronomically contributing

to it. Stop engaging into situations that will make you blame fate as the main cause; please even nature can be controlled as long as you put focus ahead as your motto.

I remember our geography teacher told us one time that we should keep our jazz for compass. He was simply telling us to focus. That is why we youths should always focus on issues that will build us a better generation.

Always; somewhere, something incredible is waiting to be known. Have that in mind and know something; endeavor to be educated.

You should push yourself because no one else is going to do it for you. I have never seen two people writing on the same paper; the issue is that always push yourself through preparation and attain the awaited success.

We can always do many things that can make us be able to have our education profitable like:

1. BE FOCUSED

Staying focused has helped many to attain profitable education. Always be a focused student and success will be your reward.

By being focused, you will be utilizing your stay in school in a profitable way. Focused students never give up, they keep on moving. Success should always be your focus while at school.

Everyone loves success to be a vaster on his/her face; defeat is not welcome; if at all even those who don't care about their books reach a moment and say- it is now passing and in most cases it is a smart criteria for them but always stay focused.

Please do not be driven off the focusing line by anybody. Even twins have an elder one and the young one;-you are alone

Be yourself and do not let anyone rob you of your imagination,

creativity or your curiosity; it is your place in the world; it is your life. Go on and do all you can with it and make it the life you want to live.

2. VALUE YOUR TIME

Time is a scarce resource; how are you handling it? With productive tasks or un productive tasks.

Take productive tasks with you, someone said- if you want to hide anything from an African, then write it down. Why should you adhere to that saying; open your books and learn something.

Knowledge is power, information is liberating and education is the premise to progress in every society and family.

3. BE RESPONSIBLE

Create responsibility for your own education. There is no one else responsible for your education apart from yourself. Other people just help you to become someone they would like to see in future.

The most certain way to succeed is to always keep trying more than one time; keep on trying so that you can be successful in life.

You are responsible for the next generation, our parents were responsible ; But now the question is, how responsible are you being for the next generation? - The answer will be yours through the responsibility you offer to your own education.

4. ALWAYS PREPARE

Success lies in the beauty of preparation. Who are you not to prepare? Yet even GOD had a six-day preparation to have the world created.

That simply tells us that as long as we prepare, success will come as the way we expect it.

Do not stay back; it is time to create the future. Move forward-good preparation pays beautifully; prepare well for your education to produce yourself as a successful person.

Do not wait to dig a well when you are thirsty, rather dig it well in advance so that when you become thirsty, you have water to drink.

5. BE DISCIPLINED AND WORK HARD

Be a disciplined student to avoid disturbances during your study time schedule that will as well hinder your progress.

A disciplined student will always be focused; even teachers and friends will be in support of him/her to become the person he/she wants to be. Motivation from many will be the feel of your ears as long as you are disciplined.

Hard work is something every student should apply in addition to discipline. Please hard work pays; fight and work hard to be paid positively and enjoy the fruits of your education.

6. BELIEVE IN WHAT YOU WANT TO BE

Believing in something and not to live it is dishonesty. You should learn that as you believe in the future person you want to be, you should always work hard to live it.

Do not just dream and believe in the person you want to be; hit the doors open stronger with more opportunities and use your education more profitably to become that person.

It was normal in our school to be given a title of the job you were aiming for in future. That only made students gritty enough to work towards achieving that because a landmark was already put on them by fellow students. **Believe in yourself**

7. ACCEPT PRESSURE BEHIND YOU

As a student, you will always have pressure on you. Naturally, you will fear to fail; but to fail just means first attempt in learning.

No one drew up a plan to fail or be successful; it is your actions and mentality that will drive you to any of those two destinations in life. Accept that pressure of fearing to fail and use it to work for a successful destination.

Then obviously pressure from parents, guardians, teachers and stakeholders. It is hard to move with pressure from such people but what I can tell you is that just accept it.

There is no way you will go through education without pressure from your parents, just agree with it and make a move for success.

If you do not want such pressure on your side, then planet earth is not your destination. Parents have to guide you through to be an educated person they want to see in future.

8. LEARN AS MUCH AS POSSIBLE

Do not go from darling of education to short hand treachery in one easy step. The easy steps you think you are taking can be more expensive for you in the long run.

Never be contented with what you have in your brain, just add on what you have in you through making efforts to learn more. Remember contention is death of progress; avoid being contented.

If a little kind of failure comes your way, don't get discouraged, just have it in mind that as one door closes, another one opens; make sure you close that door of failure through learning as much as possible and the door of success will be opened for you.

Do not start chasing applause and acclaim as if you have reached where you want to be; - that way lies madness, just learn what you

possibly can at a time.

Remember if a politician does not want to be beaten up, then he should not run for office, If a boxer inside the ring is not willing to fight, then he is worth acting like a punching bag. And so, - If a student does not want to read, he is not worth receiving congratulatory messages. Please learn big and be worth to become a successful person in life.

CHAPTER 6

YOUR ROLE AS A CHILD

Are you some ones son or daughter? , First born, ---- last born. And by learning your position in the family, then what is your responsibility? Play your role in your family and let your parents be proud of their noble blood.

A well-behaved child gives a golden smile to his/her parents. In most cases, we do not know what our parents go through to see their children be at a level they want to see in their families.

You should get to know your parent's interests and work on them with great effort to have them happy. It's impolite to have a greedy eye; Never under look parent's ideas; For they know all the dangerous corners in this timely world; They oversee all situations to have you protected and never in life listen to someone who criticizes your family; She/he is your robust enemy; Avoid such people because they are not your friends.

You are there to protect the respect of your parents in their absence. You as a child, you either maintain/uplift or destroy your parent's respect in the society. Either they are around or not, you have to do something that can fit the music they want to hear in their ears.

I have noticed in life; that it is the first born of every family to carry the future of their families; if you are a first-born, please know that you have a lot of work to do on your siblings and your parent's hope for you their noble blood.

You act as an example for everything, your parents treasure you as a wrapped glass, not because of what you are but because of the role they want you to play in their family.

Youths are suffering from unprecedented moral degeneration but

you as a first-born, what kind of generation are you setting for your young ones?

A family with an unruly first-born will see bright future from obstructions; please do not obstruct the future of your family.

As a first-born, always remember that leadership is not authority but influence.

It is that influence you create that will see your young ones move forward or back ward. Let us reflect on this;

I remember one time at school where Nathan set up an argument;" you guys, undisciplined child and not producing having at all. What is your take?" most of us said better not to produce at all.

That answer meant that no person wants to associate with indisciplined people; so why should we pay our parents by coming out as indisciplined officials; totally un expected by any parent.

In this regard, have obvious things that can uplift our families into admirable and peaceful destinations.

1. LISTEN TO YOUR PARENTS

It is better for someone to give you words of wisdom than give you lots of money. Your parents give you both; Yes it is their work but have done enough to accomplish your work by listening to what they tell you.

If you fail to pay for your parent's words, then the words will pay you. Take your parent's words serious and use them to become a useful member in the society; for their words lies your future.

Someone who is not ready to listen qualifies to enter the world of "I wish I had done what they told me"-The world of living in regrets-

but it is helpless.

It is your mind to decide what you will be but at least listen to what your parents tell you and decide wisely.

2. RESPECT YOUR PARENTS

Respect for your parents is a must commandment for you. He who does not respect his parents will never have respect. There is no way you will be in God's family when you do not respect him and as well there is no way you will make your parents happy when you do not respect them; it is a great sin to have no respect for your parents or elders.

It is only a stupid daughter who makes an attempt to teach her mother how to bare children;-I do not expect you as a child to start sitting your parents and start advising them on how to go about life: - it is them to do that!

Please respect is a demand from your parents; do not pretend to be greedier than the human eye by wishing to have them respect you.

Respect your parents for their future lies in their hands.

3.OBEY YOUR PARENTS

He who does not obey does not command, so how do you expect to guide your young ones yet you cannot even obey your own parents. Obedience beats all the odds and as long as you are ready to obey your parents, then what can really fail you.

Take your parents as a precious gift, for GOD gave them to you with a great reason. Please even dogs are wise enough to eat particles from their master's table but not his/her plate. Then why should you prove a dog wiser than you should by not obeying your parents.

4.PROTECT YOUR PARENTS RESPECT

As it is, like father like son, what you portray as someone's son/ daughter has an impact on your parent's respect.

Sometimes it is unfair by referring to their parents:-it is not that every person who puts on a skirt is a woman, even circumcised men do and so it should apply to the difference in a child's behavior and his/her parents when judged because their behavior may completely differ.

Parents are always trailing to have children who are helpful to the society. And when the children pull their parent's expectations to a wrong direction, they are forced to chasten them; which is okay. No one will help you to improve your child's morals, do it yourself.

As a child, you are supposed to follow your parent's expectations, keep them alive. For it is bad if you let down your parent, and by doing so, you are becoming their enemy by denying them jovial rights over their child's achievements.

Remember, for you only is their hope they will always have either on or not on earth. You have to always bear that in mind.

Respect takes long to build but can be flattered in a second. Whatever bad act you do in disguise of your parent's absence is abysmal to their respect if judged by the people around you.

5.LOVE YOUR PARENTS

If you want to lead a good life, you need to have some constructive outlet for your feelings:-that is why I am talking about love for your parents.

It is love that will build either a strong bond or weak bond between you and your parents. Love your parents much because God gave them to you with love.

Your parents act as your earthly God:-They are ready to take care of their noble blood "you" It is you to show them how much you love them and how much you are committed to what you love that they will give you support.

Remember: if you are loved by someone, you are never rejected. It is you to work for the extra love from your parents to make them believe and have faith in you.

The only way you can have complete love from your parents is by doing what they tell and expect from you.

It was one time when I collided with a young girl in P.7 but as I interacted with her, I noticed she was an orphan and what she told me was really touching and tragedy for her.

She asked me; do you have your parents, I said yes. She also asked me whether I had both or not, I as well gave a yes. She then told me "Derrick you are very lucky
" It was after that statement that she opened up and told me that she has none
of her parents. She added that "I think you even sometimes forget to greet them
but me I have no one to greet very early in the morning apart from
my friends". I really got her message and I realized it was by chance
that I had met with her when she told me to ever listen to my parents because it hurts when you do not have someone like your parent to talk to you. She ended by telling me to love my parents because for her, she wishes to have
such love but she has no parents to expose it.

"Love your parents"

CHAPTER 7

HANDLING CONFLICT AND STRESS

As a youth of an upright generation, you ought to know how to handle conflicts between us and other people.

Conflicts between us and other people will always separate us if not handled well. Through conflict, you may lose friend of value without noticing their importance in your life yet the best gift you can have in life is having a friend of value.

Conflict if not handled well will produce for you stress which will affect your emotions and all your day tasks. The best way to avoid stress is to avoid conflict with others.

There are three kinds of conflict:

Interpersonal conflict

This type of conflict always shows up when two people have misunderstanding between them. They have a grudge because of a disagreement within one's behavior which may easily result into interpersonal conflict.

This type of conflict is dangerous if the persons involved are not careful, you may not know the other person's next step which simply tells you to be extra careful. such conflicts always end up as big issues to solve because none of the persons is willing to reconcile with the other.

Group conflict

This type of conflict is always among members of a group. It can be caused due to lack of seriousness and trustworthy among members of a particular group. However, greed for things like money, power etc. has left many groups separated because everyone thinks in being above the other.

Organizational conflict

This arises due to poor management of organizations or groups. Such conflicts mainly occur when members of the organisation fail to agree within themselves. The conflicts normally start slowly but if not handled when it is still possible, they become voluminous to solve and it will result into organizational breakdown.

All the above can jumble you for some time if you engage in them. Stress will always be an end product for any kind of conflict you engross for yourself.

In everyday life, Conflict between us has to be a visitor several times but the main issue is; how do you handle?

If you take steps without thinking, you are a stress factor for yourself. That as well means that you do not love yourself. Always ask yourself "Why is it me?"

By having that question at the back of your mind, you will be able to create more questions which will help you to solve any form of conflict that comes your way. e.g.

How did it come about?, How am I involved?, What are the consequences?

After asking yourself such questions, you will be able to accept your fault as a human being who was created by God's hands. Then immediately you will get possible ways of fleeing from it.

During time of conflict, your actions predict your next step, so always be careful with your actions because they can cause you more conflict. Therefore, you can avoid all kinds of conflict using certain criteria.

1. TRY TO BE CALM AND SUBJECTIVE.

Every person who is calm will always create a hard task for his

enemy to think hard. However, be calm while thinking about it. Think about the adage "let's stay beside each other no matter the situation." That will help you avoid conflict with other people.

Never be a person who is always causing misery to your friend's life because you will lose him/her and you will have nothing left to trust. The end product will be stress because you will feel mortified to talk to him anymore and he will have lost trust in you.

Sometimes when you do not have what to say, then keep quiet because your tongue will create for you conflict. Some people have sharp words and someone can easily sense that you are disdaining him and that will be the start of mind conflict.

Mind conflict is the worst of all because you will not know what someone thinks of you. The best way to solve mind conflict is by avoiding filthy talks about your friends.

Mind conflict is very fertile with stress to someone's mind and you should seriously avoid it after all it does not pay to have a hot mouth.

2 . AVOID CREATING MORE CONFLICT.

When you intend to solve conflict, it is better to first think of the best ways to do it. Then only use those ways that will not bring you more stress. "When you have conflict with someone, solve it with him before you are taken to court." You should always avoid conflict by sorting out the issue with the person involved.

By you sharing the matter between yourselves, naturally you will understand each other but trust may not be restored immediately. And when you have conflict with someone, always try to mollify yourself to avoid extra trouble.

More conflict always comes with planned outcomes, which you should avoid completely because no one knows what the other

does in his dark hours.

Some people just want to compete in contempt to win a conflict but I want to assure you that by opting for such a solution, you are just making the conflict more voluminous for you to handle and by the time you want to avoid it, you will be a perfect preacher of I wish I knew world.

My fellow youths, just avoid conflict but when you are engaged in it, solve it like an upright generated human.

3 . BE MINDFUL OF NEGATIVE OUTCOMES OF A CONFLICT.

It is better to think about the negative outcomes of a conflict before you act. If you create and have all those negative outcomes at the back of your mind, then you will not be engaged in any conflict with any person.

Conflict is an ugly blot to any wise person and he/she always compares notes and procures him/herself from it, but a fool will always look for sheering up from his friends not knowing the weight of consequences he is creating for himself.

Some people easily go to pieces because of simple things and they make them bigger. My dear friend, never make small things big because it is just like lighting a match stick and throw on a mattress inside a building yet you don't have faster means of putting it off.

End small things in a small way, to some people, forgiving others is not part of them but if they knew the outcomes of that, then they would change their lifestyle.

To be successful on this earth, the one God created…!! You have to forgive others for their mistakes. The outcome of not forgiving is that you will have no friends because everyone makes mistakes and indeed life is full of mistakes.

To make things worse, some people do not even respond in case a polite word "sorry" is sent to them. To some, they just feel exuberant when they are sent a sorry message, which does not really help but just to stir up more trouble.

I remember one time when I did something which was out of my dad's laws. He became despondent with me because of what I had done.

What I could afford as an upright child was to say sorry three times but his answer was that mum is hearing. I had nothing to do but to move out of the sitting room, but as I moved out, mum called dad and engaged him in a conversation, which went;

Mum: What did the priest preach about yesterday?
Dad: Forgiving others
Mum: Then what have you just done?
Dad: But this boy makes many mistakes
Mum: is it possible for you to follow God's word?
Dad: ok I have forgiven your son.
If God says forgive others, then who are you not to forgive.

4. ASK QUESTIONS.

You should always avoid more conflict by asking the other person questions like "why should we continue living this way?"

When you meet the other person, totally avoid asking sarcastic questions because the only thing they do is elevating seriousness of the conflict. If the person's reasoning is ridiculous, just remember that they are entitled to their opinion as you are to yours.

Always be calm when asking the other person questions and emulate a face that is ready to solve that conflict between you and him/her.

Be happy when you meet the other person because if you cannot

be happy, then you cannot make others happy. Make sure your questions do not create enmity between you and the other person.

In addition, bear in mind that no sufferings are worse than sufferings caused by people who hate you.

5. LOOK FOR DISPROPORTIONATE RESPONSES.

If someone acts way more upset than the situation calls closer at their behavior, it may indicate they have either internal conflict or stress.

Life is in a constant state of flux and when farcical responses/ answers from the other person come to your ears, understand him, know he is emotionally acting and what you can do is to just stay quiet and he/she will know that you need harmony creation with him/her. After all, when a parent sees their child play with a snaking trail of urine, they don't demolish it.

6. THINK ABOUT TENSION THAT EXISTS OUTSIDE DISPUTES.

If you have conflict with someone, you will always harbor ill towards him/her. It is natural to try to hide your conflict with them to avoid uncomfortable exchanges.

A simple rivalry may be hard to address but you should feel comfortable approaching them to reconcile. The more you keep quiet about it, the more it will sprout into something hard to solve.

Never think about revenge in such situations because it will be your number one step to take you in grief. You never know the other person is stronger and financially better than you.

No revenge is worse than revenge taken by an enemy and if you intend to take revenge into your plans, then stress will come in your way and you deserve it.

7. MAKE A LIST OF YOUR CONCERNS.

Always show concern of being sorry when in conflict with someone. Taking concern during conflict is a very big carrot while solving it.

Simply because you will understand each other so easily. And before you meet with the other person, sit and write out exactly what you think led to the conflict.

Try to take personal history and personality out of the equation as much as possible. And after making your light of concern, immediately think of solving the issue with the person. Remember, don't expect God to pardon you when you are having a grudge with someone.

8. THINK ABOUT WHAT OTHERS SAY ABOUT YOUR PERCEPTION.

Anger and temper are horrible things which you need to be meticulous when handling. It is human nature to view comments and actions relative to the person who said them.

However, if you find yourself diminishing the ideas or work of others without thought, you may have a conflict with them. Before you address a conflict, try to compartmentalize your relationship with them so that you can view their comments and contribution impartially.

Avoid letting your tongue just bubble words which will bring you unfair judgment from other people. In this respect;

Allow the person to talk.

You will always realize their feelings after hearing them talk.

You will also make all your points, let them state their concerns as well. Let them talk even if you disagree because interrupting will only add to the conflict.

Listening is the best skill to any wise person; make sure you use it.

9. TAKE BREAKS

If you meet and agree to get to the bottom of the conflict and the two of you are getting more emotional, feel free to take as many breaks as you can.

This will help you to avoid adding insult to the injury already created which may result into great stress for you.

Make sure you take much time as you need as soon as voices are raised before anything too hurtful is said. Always give up hate and live by God's command.

10. STAY AWAY FROM NEGATIVE TALK

The tongue is like a sieve that separates out the rubbish and you should use it carefully to avoid becoming the rubbish sieved.

Focus on positive things instead of things like "I can't" "I don't" "No". Such bubbles will make the resolve hard. They dwell on the conflict rather than solutions for it.

In the end, you want the other to accept he was wrong yet you might have been wrong for that.

"You can tell how well a tree has been cared for by the fruit it bares" So mind the way you talk and people will know how well or bad you have been brought up.

11. FIND SOMETHING YOU CAN AGREE WITH.

All major events in life are predestined and destiny governs human life. Some conflicts are not possible to resolve in discussion.

Always think about what you can agree on and as well agree to come to the topic later if voices are raising.

Wounds can be bandaged and insults can be forgiven but if you betray confidence, it is hopeless:- make sure you always think very fast to agree on before confidence between yourselves is lost.

12. BE A MEDIATOR

If you are a mediator, first think whether you are the ideal mediator for that situation because you might see yourself as a talented counselor or friendly shoulder to cry on yet for the wrong issue. However, you may not be the best mediator for every conflict resolution.

Make sure you have a close, but impartial relationship with both parties and you should get them together by first making them ready to listen to each other.

Take the lead, keep an open mind ready to receive opinions from both sides, don't alienate one person, just be a neutral person, take aside only if appropriate and make the other person understand his/her mistake, offer a few compromises to both parties and brawny encourage them to make up.

The highest form of happiness, which is bliss, is an aspect of God and we should solve conflict between us to reach it.

If you fall into the habit of using offensive language, you will never break yourself of it as long as you live.

CHAPTER 8

LOVE FOR FRIENDS

Everyone in life needs to have friends attached to him. Someone who does not have friends will not be able to reach his bliss point, which everyone admires as long as he is living.

It is not that every friend of yours is valuable to you and that is how the aspect of being careful with people comes into your mind. Have it in mind that some friends can be a green snake in green grass to your life.

It is not that every animal is eaten because it produces meat and so is not that every person who gives you a beautiful smile is your friend.

Some friends are like leaves of a tree; you do for them every good thing you can think of but when trouble lands in your way, they will leave you as if you never acted as a bliss-giving factor to them at some point.

Do not reach out for everything you see; if someone cannot match with what you think, then he is not bound to be your friend.

Someone who is thinking about better ways to move him forward cannot be a friend to someone who is ever planning to do evil to others that is totally impossible.

I am not saying ignore some people, just talk to them so that they reform and we shall have an upright generation.

However, we need friends because they are too serviceable to our lives during tragedy moments. We really have to know how to handle so that we retain them to be part of our lives using the following criterion.

1.BE POLITE WHEN TALKING TO THEM.

If you stick something in your eye, tears will flow and if you hurt a person deeply, you will discover his true feelings.

So never talk to people you trust with a sharp voice otherwise you will lose them. Show them that you owe them high level of respect through the way you talk to them and they will respect you and plant their trust in you.

What you talk shows your faults and if you don't control the way you talk, you will just remain with people who just wear beautiful smiles to show you that they are your friends so control the tongue.

The tongue is a deadly weapon and you need to always find ways to stop it from spitting poison that will land you into trouble with your friends.

2.HANDLE THEM WITH CARE.

Everything that is handled with care gives good yields and if you handle your friends carefully, then you will not regret having them besides you.

Mistakes happen in life and if they make any, show them that you are ready to forgive them and always correct them. It is the unsurpassed way to go on with your friends.

My friends, if you throw stones at birds, you will scare them away and if you insult a friend you will break up the friendship.

Do not go on insulting friends because you think they are making bigger mistakes, just correct them because everyone needs correction and no single person is perfect.

The moment you handle and treat them imperative to your life, they will pal you with love and trust.

3.DO NOT REVEAL THEIR SECRETS.

Even if you have a violent argument with a friend, and speak sharply, all is not lost, you can still make it up with him/her but any friend will leave you if you reveal his secrets and if you turn on him unexpectedly.

The worst thing you can do to a friend is revealing his secrets to other people yet he was self-assured enough to trust you with them.

Never turn against your friend when he/she needs you because your friendship will immediately be episodic just because he has been stricken by a startle he had never expected from you.

It hits him/her like a flash of lightning and that means there is no reason to continue the friendship with him/her.

Avoid gossiping because it ruins your character and everyone around you will hate you.

4. KNOW THEIR INTERESTS.

You can keep your friendship by endeavoring to know what he/she wants and what he/she does not want.

Do only what he/she wants so that he/she can boast over that he has happiness in your presence. Bring him smiles on his face with those things that he/she likes so much and he/she will plant much trust in you.

Whoever wants to learn the law must learn what the law means; take time to learn your friend's behavior and life style.

Where you can correct him/her, do it immediately because shaping him into a valuable person is the biggest gift you can give him/her.

We are so different and that is why some days are holier than others even though the sun rises every day of the year. So do not

expect a friend to follow what you want yet you do not do what he/she wants.

Just sort out such issues and you will comprehend each other's interests.

5. SUPPORT THEM WHEN THEY NEED YOU.

You can support your friends by encouraging them. If you want to lose a friend, then discourage him/her. Therefore encourage your friends when they are unable to make ends meet or in their plans.

A vicious tongue can break bones and when your friends are in substantial need of you, control your tongue because it is a time of careful resolutions.

It is difficult to remove dishonesty in buying and selling; make it difficult to lose a valuable friend because he/she can be an asset to you.

When his/her situation is beyond your control, you cannot change the direction of the wind but you can increase on the sail; then find the simplest way you can help him/her and he will be grateful.

CHAPTER 9

MOTIVATION

Motivation is the force that guides someone's behavior. Motivation causes someone to act instead of procrastinating about serious issues.

Motivation initiates, guides and maintains goal-oriented behavior. It involves the biological, emotional, social and cognitive forces that activate behavior. In everyday usage, the term motivation is frequently used to describe why a person does something.

In life, we can always be motivated by the people around us or even by the achievements of other people.

But always note that for effective motivation, one must understand that we are not the same and he/she must really understand the different terms of motivation.

Types of motivation

1.***Intrinsic motivation- comes from within***.

Is a type of motivation that comes from within a person e.g. working out a puzzle, doing difficult tasks. It involves having the ''I can do it '' attitude.

2.***Extrinsic motivation- comes from something outside of oneself.***

This is a type of motivation that comes from something outside oneself e.g. receiving a prize for what you have done. This motivation acts as an incentive for you to work hard. But you can always motivate yourself according to the way you set your mind. If you set it in a way that motivates you, you will always stay motivated to anything but if you think in the world of; "I wish

I can'' then you can't even motivate yourself.

The two types of motivation are further sub divided into various categories of motivation which include;

1.Achievement Motivation;-

It is the drive to pursue and attain goals. An individual with achievement motivation wishes to achieve objectives and advance up on the ladder of success. Here, accomplishment is important for its own sake and not for the rewards that accompany it. It is similar "kaizen" approach of Japanese management. This motivation is more important for professionals.

2.Affiliation Motivation;-

It is the drive to relate to people on a social basis. Persons with affiliation motivation perform work better when they are complimented for their favorable attitude and co-operation.

This motivation is of greater use where money cannot be used to motivate.

3.Competence Motivation;-

It is the drive to be good at something, allowing the individual to perform high quality work.

Competence motivated people seek job mastery, take pride in developing and using their problem solving skills and strive to be creative when confronted with obstacles.

They learn from their experience. Specialists would always feel motivated if they get chances to operate unique cases.

4.Power Motivation;-

It is the drive to influence people and change situations.

Power motivated people create an impact on their organization and are willing to take risk to do so.

5.Fear Motivation;-

This coercion a person to act against will. It is instantaneous and gets the job done quickly.

It is helpful in the short run.

6.Incentive Motivation; -

It is where a person/ a team reaps from an activity. It is "you do this and you get it" attitude.

It is the type of rewards and prizes that drive people to work a little harder.

People always get motivated when they earn more money.

7. Attitude Motivation; -

This is how people feel and think.

It is their self-confidence, their belief in themselves, and their attitude to life.

It is how they feel about the future and how they react to the past.

MOTIVE

Motives are the "whys" of behavior- the needs or want that drive behavior and explain what we do.

We do not actually observe a motive; rather, we infer that one exists based on the behavior we observe.

The reality is that there are many different forces that guide and direct our motivations.

Components of motivation.

Anyone who has had a goal (like wanting to run a marathon) probably immediately realizes that having the desire to accomplish something is not enough.

Achieving such a goal requires the ability to persist through obstacles and endurance to keep going in spite of difficulties.

There are three major components of motivation

- **Activation**

This involves the decision to initiate a behavior, such as enrolling in a psychology class.

- **Persistence**

This is the continued effort towards a goal even though obstacles may exist.

An example, persistence requires a significant investment of time, energy and resources.

- **Intensity**

This can be seen in the concentration and vigor that goes into pursuing a goal. For example, one student might cost by without much effort, while another may study regularly, participate in discussions and take advantage of research opportunities outside of class.

The first student lacks intensity while the second pursues his

educational goals with greater intensity.

Theories of motivation.

These are the things that always motivate us. And some of them include:

1. Instincts

The instinct theory suggests that behaviors are motivated by instincts, which are fixed and in-born patterns of behavior.

There are number of basic human drives that motivate behavior. Such instincts may include biological instincts that are important for an organism's survival i.e. fear, cleanliness, and love.

2. Drives and Needs

Many of people's behaviors such as sleeping, drinking and eating are motivated by biology.

Someone has a biological need for food, water and sleep. Therefore he/she is motivated to eat, drink and sleep.

Drive theory suggests that people have basic biological drives that their behaviors are motivated by the need to fulfill these drives.

3. Arousal levels.

The arousal theory of motivation suggests that people are motivated to engage in behaviors that help them maintain optimal level of arousal.

A person with low arousal needs might pursue relaxing activities such as reading a book while those with high arousal needs might be motivated to engage in exiting and thrill-seeking behaviors.

FORE WORD

Understanding motivation is important in many areas of life.

You may want to set the best goals and establish the right reward systems to motivate others as well as to increase your own motivation.

The knowledge of motivating factors and manipulating them is used in marketing and other aspects of self-development.

It is an area where there are many myths and every one can benefit from knowing what works and what does not.

AUTHER'S WORDS TO THE YOUTH

In many cases, we as youths leave out the most important things that would help us and we give in for the less important ones, which have really set tragedy in many of our lives.

At a certain point, we might have not known what we would have done or even most probably, we lacked guidance at that particular time.

However, we as youths, there are some things that we really have to do in order to have ourselves in better positions throughout our lives for example;

Education is a must

Education is an outstanding weapon you can use to transform the ugly face of the situations around you so that you can lead a better life.

An educated person is far different from the person who is un educated, whatever he/she does is done in a seniority way and with integrity.

Whatever educated people do earns them respect and love from the people around them, just because they are considerate in life and they wisely handle issues.

The fruits of education are astronomical and you need to enjoy them.

Education is the way to clean up the saddened situations that are around us. Do not play with it, for it is your future.

Go for it with love and treasure it always. For very many people wish to have it and some cannot but you are among the blessed ones to have it.

Remember the whole purpose of education is to turn mirrors into windows; I mean opportunities into a better future, so turn your opportunities into a successful life to lead.

Protect your life

You need to know that life is about yourself. What you do with it determines your longevity on this golden earth.

Youths have gone away from God's evaluation of time to modification of their own nature.

They think life is all about how much you have enjoyed and tasted all the sweetest things on earth.

The trend has totally changed, people just have a chain of exs following them e.g. carol, Melan, Shaminah, etc. or Ronald, Solomon' Aggrey etc.

What do you really expect from such people? Having every kind of sex male/ female is what they can only manage to give to their brains as a thought to think of.

However, HIV/AIDS is queasily waiting for them. Always say NO to activities that will give a chance to this monster disease to attack you.

For it has taken many of our beloved ones; can't you really learn from examples around you to avoid it.

It costs nothing for you to make efforts to avoid it in your life. Please do not burden the life of your white blood cells, for they also need better conditions to earn themselves life worth living.

Engaging into activities that lead to excessive happiness especially when at a wrong time is also excessively bad. Always think twice before you engage in them.

For it is being an enemy to yourself to expose your life to HIV/AIDS yet you very well know that it shortens your life.

It hurts to have it in the know to yourself that you can leave this beautiful earth any time. Please take care of your life because it is your treasure.

If you have this disease brothers and sisters, do not go around in the need to crop it into everyone that you can think of. Chances can even be high that you can land on the virus that will threaten your life the more. Just protect yourself from more danger. For we always pray for you to be in the best future you would wish for yourself.

Please protect your life, for many people wish to see you around them simply because your appearance makes an impact that makes them feel you are part of their lives.

Say NO to activities that threaten your life and we shall be able to build a better and transformed generation in the future.

Respect yourself.

No one will ever give you respect if you cannot respect yourself. Respected persons do not go around looking for trouble in their lives.

They instead make efforts to correct those who go wrong. They act as good examples to the young ones and as motivation to others in their societies.

You need to have a life purpose for you to have complete respect from the people around you.

Build your own respect through what you do, what you talk, and how you react to situations that come your way.

Accept your mistakes and gracefully welcome correction.

Mistakes corrected are opportunities won. In normal life, you have to go wrong but how ready are you to put yourself right.

Do not under look people who have told you your mistakes, for they need praise because they have helped you to avoid something that might have been a menace in your life.

Making mistakes is normal but make sure you learn and correct them, and make sure you avoid making many mistakes because they can be a big down fall for your future.

Some people find it irksome to be told their mistakes but stop that behavior because the person who has told you is just helping you to become better.

Use your talent.

People, if you have any talent, use it. It pays nothing for you to sit on your talent.

Make use of it otherwise you will be buried with it.

Talent opens up many beautiful doors for you in life. Use it because it was your gift from God. You can be a role model to many through your talent.

Talent is an extra unit that you can use to develop and move yourself forward.

Talent well utilized is stardom gained. However, always remember to accompany it with discipline because anything you do without applying discipline will be nauseated by failure.

Keep your discipline high

One man's misfortune is another man's opportunity; As a youth

who is intending to achieve the highest potential of your dream, do not give an opportunity to indiscipline to crop over you.

It is indiscipline that has killed many of people's opportunities, please do not let it be part of you at any one time.

I remember my school mentor telling us and emphasizing that we should be disciplined because discipline opens up very many sweet doors for those who embrace it.

Indiscipline is dingy to someone's character, please launder it from your thoughts and chivalrously embrace discipline as your vim point to lead your life for a better person in future.

Be innovative

Always think hard to come up with better and great ideas that will put you and your community in a great position.

You just cannot beat an innovative person simply because he is ever trying out new options: it is the way to go; you need to be innovative enough in life so that you can create smart opportunities for yourself.

Sometimes opportunities come in our lives not because we worked for them directly but because we have been able to use our brains creatively to deserve an opportunity.

"You are often to great places, today is your day, and your mountain is waiting, so get on your way" – be innovative, innovation can be your way up and it can open your doors to a great world.

Stop procrastinating

Procrastination refers to the habit of postponing tasks that should have been done that particular time.

The truth is that we all procrastinate at particular moments in

our lives but the rate at which procrastination is done also greatly matters. Make sure you do not get addicted to procrastination, for it will be a disgrace to your dreams.

There are people who have really become procrastinators; they have had misery in their lives so often. There is only one feature that they do not have, that is "FOCUS" which is the difference between them and non-procrastinators.

Non-procrastinators have one strong feature that we should admire and embrace and that is "strong personal identity"

Students are the main victims of procrastination, sometimes because they have high belief and trust in themselves.

However, there are several reasons why students procrastinate: Students tend to,

- Over estimate how much time they have left to perform tasks.
- Over estimate how motivated, they will be in the future.
- Under estimate how long, certain activities will take to complete.
- Mistakenly assume that they need to be in the right frame of mind to work on a project.

Such reasons have had a serious negative impact on student's performance which has left many in the world of giving up which has not at all been the best solution for them. I would just say that as a student, you have to be knowledgeable about such reasons that can cause your downfall and strongly avoid falling a victim.

In the same regard, there are several reasons in general that make people procrastinate in life and you should be careful enough not to fall a victim.

People tend to fall a victim because they often come up with rationalizations to justify their behavior e.g.

- Not knowing what needs to be done.
- Not caring if it gets done or not.
- Delaying one task in favor of working on the other.
- Blaming sickness or poor health.
- Thinking that you can finish it in the last minute.
- Lacking the initiative to get started.
- Forgetting.
- Not knowing how to do something.
- Not wanting to do something.
- Believing that you work better under pressure.
- Waiting for the right moment.
- Being in the habit of waiting until the last minute.
- Not caring when something gets done.
- Needing time to think about the task.
- Not feeling in the mood to do it.

It is always in only cases where it becomes so chronic that it begins to have serious impact on a person's daily life and becomes more serious and addictive.

Falling prey of this cognitive distortion (procrastination) is very easy and always look for ways of avoiding it.

Try hard to be on the side of non-procrastinators because non-procrastinators do not tend to be high in the personality trait known as "conscientiousness" which is a robust positive addition to someone's daily life.

In most cases, people with such a trait tend to be high in other areas like self-discipline, persistence, and personal responsibility, which we all admire to embrace.

A WORD TO THE YOUTH

I am so delighted to be one of the individuals to advise the youth in this publication. A publication of this nature by the efforts of the youth is so great. May special thanks go to the Author behind this publication for great work done.

I cannot predict the future of the youth but they can predict it themselves by doing what they are supposed to do but not what they want to do. This world is moving on every terrific speed, so the youth are supposed to be equipped with skills, flexibility and confidence to fit in this changing world. Be able to adjust to change very fast and move on the right road. Don't be driven by waves of the cruel world. Always listen to elder and identify yourselves with responsible people.

Nakayondo Dorothy
TEACHER - KIIRA COLLEGE BUTIKI

when I look back in the time, of my youth I can trace why I have been able to achieve what I have or what I have not been able to achieve in life.

Youth is a transition from childhood to adulthood. If not well adjusted many people fail to mature into adulthood spiritually, mentally and socially, inspite of the mature physical appearance. This is a serious phase of preparation for adulthood.

In the life cycle of a butterfly, the youth stage can be related to the pupa stage. A stage when it is dormant. Yet very important in its life cycle, because it's when all the body systems of adulthood start being developed.

The youth stage highly defines your destiny. If you waste your youth, your future (adulthood) will be frustrated. It is a time of

serious meditation especially spiritually, reflecting about the past and focusing at the future. It is a time of becoming selective in activities and only concentrating on that which has been prayerfully arrived at. It is a time for you to eliminate reckless behavior and pursue wisdom.

Luke 2:51-52 (Jesus submitted to his earthly parents and therefore increased in wisdom and in stature and in favor with God and man). Favor will access to you what your ability does not qualify to receive. As you read this book, I encourage you to reflect upon your life as a youth and to determine to have a victorious future.1

Great men in the bible like **Joseph, David, Moses, Samuel** etc. were highly focused during their youth and their impact has become eternal.

Siminyu Deo

Director - Kamuli mixed Happy Hours primary school.

Parenting Vacuum

In our societies where by the role of the parents and the entire society which has been sidelined by finance, everything I do, people will say our children. All people work together to ensure that upright children are brought up to come up with a sane society.

Parents don't have time for children, some take a month. The concern to know what my children ''Society shapes man'' what is the role of the society, community. Advising children is an insult. They may even insult in return because you are not the mother/ dad.

As teachers, some children's behavior and offending the code of conduct begins from home. The society always takes things Normal.

Love for God

Respect God and love other people. In nature, we are social beings, when you love God, you will not practice hypocrisy. Why the violence, falsehood, corruption etc, These days, our Christianity comes on the Sunday morning. Who is a lair? These who go to the streets, a thief or a hypocrite!

Even in homes we don't tell people to pray. children cannot even talk about God.

Even in home people go to church because it is an obligation not for success. Future youths are mainly physically but not spiritually. Some parents go to church and leave their children sleeping. Love for God, practicability is a showbiz.

What I do and what I say most be in harmony, ''you cannot eat your cake and have it'' You are either among us or not. If you love God, respect his commandments. Avoid greed and selfishness.

The first teacher is a parent who teaches to say a Good morning, who teaches you not to move out of the house when you are naked.

Low self-esteem among the youth.

- They will not be able to express themselves
- Their learning is hampered
- They cannot even share their issues
- They cannot control their emotions some people just accept because of low self-esteem.

The need for conformity

Youth just want to be like others. They want to feel like they are part of others. Youths don't want to hurt their pears therefore they end up being easily influenced. Some start drugs because they want to conform.

The habit of wanting to conform has really caused problems among the youth.

Avoid the journey to self destruction.

Having a listening ear is very important. Young people don't want to listen but want to be listened to. They want to be understood but they don't want to understand. Move away from nonsense and be self-centered.

The currency you pay others will be paid on you. Your actions will catch up with you

Living in a fantasy world

We don't know who we are, what kind of family are we. How will my father, mother, brother sister etc get to know that.

Today I don't have it, tomorrow I will have it focus is lacking. The spirit of perseverance of attaining tomorrow should be in me. We don't want to be in the world of reality. We always make baseless demands. Always share with your parents. Always think about the outcomes of what you do. Quality homes make quality nations.

Mpambiiro Frank Naguyo

HEADTEACHER - CENTRAL COLLEGE KAMULI

Self Respect

The way you conduct yourself will earn you either respect or disgrace. Do not do things (especially un wanted just because others are doing so). Self respect is reflected in things like; dressing, walking, speaking.

Respect others so that they respect you, learn to listen before you talk and talk if you must if not just listen.

Self Esteem

Believe in yourself what others can do you can also do it.

Leaving in a competitive world

Strive regardless, endure everything until you succeed e.g.

- mistreatment where you come from

- Brave the rain, sunshine, hunger etc.
- If you are to get good grades get ready to work hard to be seconded by your
- teachers (for encouragement), do not look at material things in school.
- Work towards marketable courses.
- Don't despise jobs, work as long as you earn something.

Nambi Rebecca

TEACHER - KIIRA COLLEGE BUTIKI

ABOUT THE AUTHOR

Born in Kamuli District, Eastern Uganda. Muluga Derrick is a Second born to Tibiita Tom and Nakkazi Naomi of Buwenge Mpya in Kamuli Municipal Council.

He attended Kamuli Mixed Happy Hours for his Primary Level. He later joined Kiira College Butiki for both his O and A levels.

He is currently a member of Tibnak Youth motivational Group.

His strong motive “Having a morally upright generation and positivity in the mindset of the youths” was a strong motivation to him in producing this publication.

This book is a must read by the youths because it gives motivation in transforming someone’s behaviour that will shape an upright generation.